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Nutrition During Pregnancy and Breastfeeding

General Overview (in order by year)

The Breastfeeding Answer Book. 2nd edition. Nancy Mohrbacher and Julie Stock. Franklin Park, IL: La Leche League International. 1996.

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Nutrition Services in Perinatal Care. 2nd edition. Committee on Nutritional Status During Pregnancy and Lactation. Institute of Medicine. Washington, DC: National Academy Press, 1992. 114 pp.

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Nutrition During Pregnancy: Part I: Weight Gain, Part II: Nutrient Supplements. Institute of Medicine. Food and Nutrition Board. Committee on Nutritional Status During Pregnancy. Washington, DC: National Academy Press, 1990. 468 pp.

Adolescent Pregnancy

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Breastfeeding Promotion (Please refer to the *Nutrition During Pregnancy and Breastfeeding Nutri-Topics-Educator Level* for materials on this topic.)

Calcium, Vitamin D, and Bone Health (See *Pregnancy Induced Hypertension (PIH)* section for articles on the relationship between calcium and PIH.)

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Zinc and Copper

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Update on the Dietary Guidelines for Americans

Many of the above publications refer to *Nutrition and Your Health: Dietary Guidelines for Americans*. These *Dietary Guidelines* were revised (fourth edition) in 1995. Many publishers and authors have not yet incorporated the new edition in to their publications. If you would like a copy of the new *Dietary Guidelines*:

Send a check or money order for 50 cents per copy payable to “Superintendent of Documents” to: Consumer Information Center, Department 378-C, Pueblo, CO 81009.

OR

Visit the Center for Nutrition Policy and Promotion’s World Wide Web site at:
<http://www.usda.gov/fcs/cnpp.htm>

OR

From your modem, dial the Fedworld Electronic Bulletin Board at (703) 321-3339. Look for the Food and Consumer Service library of files. Only the text is available here.

Contacts for Assistance

American College of Obstetricians and Gynecologists, Office of Public Information, 409 12th St., SW, Washington, DC 20024-2188. (202) 638-5577.

Food and Nutrition Information Center, National Agricultural Library, ARS, USDA, Room 304,
10301 Baltimore Ave., Beltsville, MD 20705-2351. (301) 504-5719,
Fax: (301) 504-6409, E-mail: fnic@nal.usda.gov, Web site:
<http://www.nal.usda.gov/fnic>

International Lactation Consultant Association, 200 North Michigan Avenue, Suite 300,
Chicago, IL 60601. (312) 541-1710, Fax: (312) 541-1271, E-mail: ilca@erols.com
(For information about becoming a lactation consultant)

La Leche League International, 1400 N. Meacham Road, P.O. Box 4079, Schaumburg, IL
60168-4079. (847) 519-7730, Fax: (847) 519-0035, Web site:
<http://www.lalecheleague.org> (For information about breastfeeding)

March of Dimes Birth Defects Foundation Resource Center, 1275 Mamoroneck Ave., White
Plains, NY 10605. (914) 428-7100, Fax: (914) 428-8203. For a catalog or to order
multiple copies of publications: (Or call your local chapter of the March of Dimes. Look
in the white pages of your phone book. For information about nutrition and the
prevention of birth defects.)

National Capital Lactation Center, Georgetown University Medical Center, 3800 Reservoir Rd.,
NW, Washington, DC 20007. (202) 784-MILK, Fax: (202) 784-2505.

National Center for Education in Maternal Child Health, 2000 15th St. North, Suite 701,
Arlington, VA 22201-2617. (703) 524-7802, Fax: (703) 524-9335, E-mail:
ncemch01@gumedlib.dml.georgetown.edu. Web site:
<http://www.ncemch.georgetown.edu/>

National Center for Nutrition and Dietetics, The American Dietetic Association, 216 W.
Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (800) 877-1600, ext. 4774 (For
literature/database searches for a fee); Consumer Hotline: 800-366-1655 (for referrals to
a Registered Dietitian or a recorded message) or (900) CALL-AN-RD (to talk to a
Registered Dietitian). Web site: <http://www.eatright.org>

Acknowledgment is given to the following reviewers:

- Judy Hopkinson, PhD, USDA/ARS Children's Nutrition Research Center, Baylor College of Medicine, Houston, TX 77030.
- Kathleen J. Motil, MD, PhD, USDA/ARS Children's Nutrition Research Center, Baylor College of Medicine, Houston, TX 77030.

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The resources listed contain accurate nutrition information and are available nationwide. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. This *Nutri-Topics* is issued in three editions: Health Professional/Researcher, Educator, and Consumer.

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